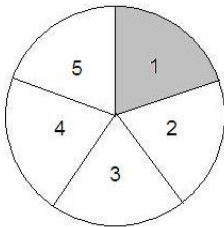


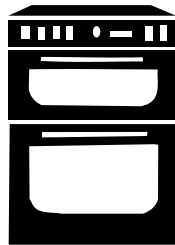
Roasted Vegetable Topped Muffins

Serves 4

Portions of fruit & vegetables per serving: 1



Oven needed



Allergen information:

Allergens are in bold.

Contains egg

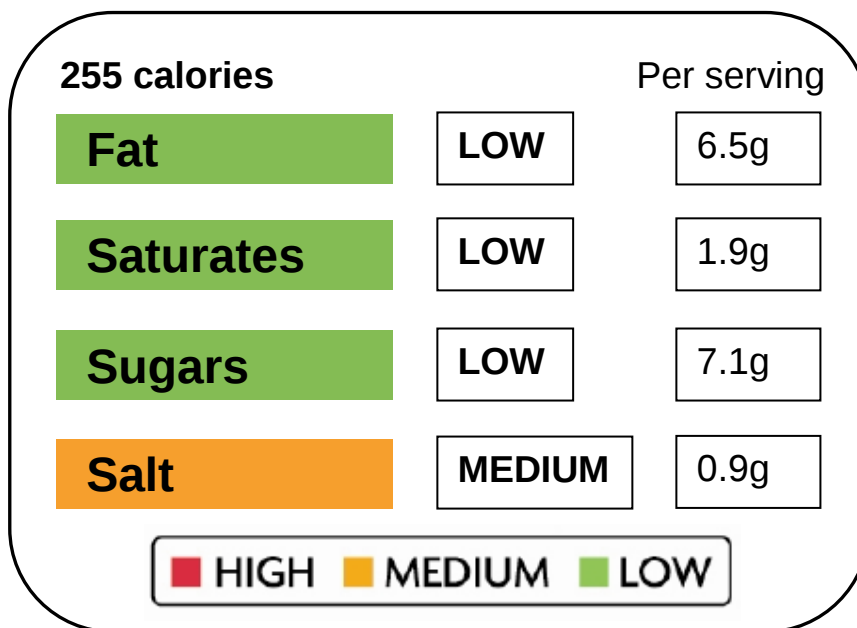
Contains fish

Ingredients	Amount	Preparation
vegetable oil	1 tablespoon	
vinegar - malt or balsamic	1 tablespoon	
garlic	2 cloves	crushed
thyme - dried or fresh	1 tablespoon	
red onion	1 medium	cut into 8 wedges
aubergine	1 medium	halved & sliced
yellow pepper	1 medium	deseeded & sliced
courgette	1 medium	sliced
muffins (or bread rolls)	4	
low fat mozzarella cheese (optional)	50g (2oz)	sliced or grated

Please Turn Over

Method

- 1 Pre-heat the oven to gas mark 6 / 200°C / 400°F.
- 2 In a large bowl put the oil, vinegar, garlic, thyme, onion, aubergine, yellow pepper and courgette, stir together well to coat all the vegetables.
- 3 Transfer the vegetables onto a baking sheet. Roast in the oven for 20-25 minutes.
- 4 Cut the muffins/rolls in half and lightly toast until golden brown, then transfer to a serving plate. Spoon the roasted vegetables onto the muffins and top with the cheese if using. Put under a medium grill and heat until the cheese is just melted.
- 5 Serve.



Handy Hints

- The vegetable mixture can also be a tasty topping for baked potatoes.
- Try using different combinations of vegetables.